

Pinewood Elementary School

Supper · October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Four Cheese Pizza Wedge 330 cal Turkey & American Sub 311 cal Fresh Steamed Broccoli 54 cal Fresh Broccoli Dippers with Ranch Dressing 60 cal Dark Green Side Salad 21 cal Fresh Apple Slices 30 cal Orange Wedges 76 cal Banana, fresh 146 cal Applesauce, Strawberry 4.5 oz 50 cal Applesauce, Cinnamon 4.5 oz 90 cal Applesauce 4.5 oz 60 cal Applesauce, Birthday Cake 4.5 oz 70 cal	2 Breaded Chicken Tenders, K-8 280 cal Chicken Fajita Wrap 417 cal Tater Tots 113 cal Salsa Dipping Cup 25 cal Peach Cup 90 cal Strawberry Cup 80 cal Mixed Berry Fruit Cup 90 cal Pineapple, Wedges Frozen 30 cal
5 Chicken Corn Dog 250 cal Cheeseburger 339 cal Hamburger, 2.0 oz 304 cal Sandwich, Cheese Croissant 330 cal Black Forest Ham & Cheddar Sandwich 290 cal Fresh Steamed Broccoli 54 cal Mango Splash Vegetable Juice 60 cal Harvest Treats Veg 50 cal Diced Pear Cup 70 cal Diced Peach Cup 70 cal Mix Fruit Cup 80 cal	6 Breaded Chicken Tenders, K-8 280 cal Pork Rib Sandwich, Onion Rings & Pickles 620 cal Sandwich, PBJ 5.3 oz 600 cal PBJ, 2.6 oz & Cheese 380 cal Seasoned Crispy Fries 81 cal Cucumber Dippers with Ranch Dressing 61 cal Orange Wedges 76 cal Fresh Apple Slices 30 cal Fresh Tangerine 40 cal Red Delicious Apple 75 cal Applesauce, Strawberry 4.5 oz 50 cal Applesauce, Cinnamon 4.5 oz 90 cal	7 Chicken Wings, 4 each 418 cal Breaded Chicken Nuggets 330 cal Turkey & American on Bun 251 cal Sweet Brazilian Bun 170 cal Steamed Carrots 69 cal Coleslaw 130 cal Red Delicious Apple 75 cal Banana, fresh 146 cal Pineapple, Wedges Frozen 30 cal Fruit Juice Blend 60 cal Apple Juice 60 cal Applesauce, Strawberry 4.5 oz 50 cal Applesauce, Cinnamon 4.5 oz 90 cal Applesauce 4.5 oz 60 cal Applesauce, Birthday Cake 4.5 oz 70 cal	8 Stuffed Cheesy Breadstick 300 cal Grilled Cheese Sandwich 309 cal Rotisserie Chicken and Cheese Sandwich 280 cal Fresh Broccoli Dippers with Ranch Dressing 60 cal Dark Green Side Salad 21 cal Pineapple, Wedges Frozen 30 cal Fresh Tangerine 40 cal Red Delicious Apple 75 cal Fresh Apple Slices 30 cal Banana, fresh 146 cal Orange Wedges 76 cal	9 Hamburger, 2.0 oz 304 cal Cheeseburger 339 cal Turkey & American Sub 311 cal Tater Tots 113 cal Mandarin Carrot Slaw 67 cal Carrot Dippers with Ranch Dressing 81 cal Pineapple, Wedges Frozen 30 cal Fresh Tangerine 40 cal Red Delicious Apple 75 cal Fresh Apple Slices 30 cal Peach Cup 90 cal Strawberry Cup 80 cal Mixed Berry Fruit Cup 90 cal
12 No menu published	13 Breaded Chicken Tenders, K-8 230 cal Tater Tots 113 cal Diced Pear Cup 70 cal	14 Breaded Mozzarella Sticks 400 cal Hamburger, 2.0 oz 304 cal Cheeseburger 339 cal Rotisserie Chicken and Cheese Sandwich 280 cal Black Forest Ham & Cheddar Sandwich 290 cal Cucumber Salad 49 cal Black Bean & Corn Salsa - 1 cup 244 cal Fresh Apple Slices 30 cal Orange Wedges 76 cal Red Delicious Apple 75 cal Applesauce 4.5 oz 60 cal Applesauce, Strawberry 4.5 oz 50 cal Applesauce, Birthday Cake 4.5 oz 70 cal Applesauce, Cinnamon 4.5 oz 90 cal	15 Turkey Sausage & Cheese on Croissant 321 cal Turkey & American Flatbread 275 cal Turkey & American on Bun 251 cal Steamed Carrots, 1/2 cup 70 cal Fresh Broccoli Dippers with Ranch Dressing 60 cal Dark Green Side Salad 21 cal Fresh Tangerine 40 cal Red Delicious Apple 75 cal Fresh Apple Slices 30 cal Pineapple, Wedges Frozen 30 cal Orange Juice 60 cal Fruit Juice Blend 60 cal Apple Juice 60 cal Banana, fresh 146 cal	16 Four Cheese Pizza Slice 330 cal Grilled Cheese Sandwich 309 cal Turkey & American Croissant 301 cal Turkey & Swiss Croissant Sandwich 321 cal Fresh Steamed Broccoli 54 cal Coleslaw 130 cal Garden Side Salad 16 cal Orange Wedges 76 cal Fresh Apple Slices 30 cal Banana, fresh 146 cal Peach Cup 90 cal Strawberry Cup 80 cal Mixed Berry Fruit Cup 90 cal
19 Chicken Nuggets with Sweet Brazilian Bun 437 cal Cheeseburger 339 cal Hamburger, 2.0 oz 304 cal Rotisserie Chicken and Cheese Sandwich 280 cal Black Forest Ham & Cheddar Sandwich 290 cal Green Beans 49 cal Carrot Dippers with Ranch Dressing 81 cal Applesauce, Strawberry 4.5 oz 50 cal Applesauce 4.5 oz 60 cal Applesauce, Birthday Cake 4.5 oz 70 cal Applesauce, Cinnamon 4.5 oz 90 cal	20 Cheese Pizza Rippers 260 cal Sandwich, PBJ 5.3 oz 600 cal PBJ, 2.6 oz & Cheese 380 cal Mango Splash Vegetable Juice 60 cal Harvest Treats Veg 50 cal Fruit Juice Blend 60 cal Apple Juice 60 cal Applesauce 4.5 oz 60 cal Applesauce, Strawberry 4.5 oz 50 cal Diced Pear Cup 70 cal Mix Fruit Cup 80 cal	21 Chicken Corn Dog 250 cal Fresh Broccoli Dippers with Ranch Dressing 60 cal Red Delicious Apple 75 cal	22 Popcorn Chicken 261 cal Sweet Waffle Potato 150 cal Fresh Apple Slices 30 cal	23 Eisenberg Beef Hot Dog on WG Bun 320 cal Tater Tots 113 cal Peach Cup 90 cal
26 Breaded Chicken Tenders, K-8 230 cal Tater Tots 113 cal	27 Hamburger, 2.0 oz 304 cal Cheeseburger 339 cal Sweet Waffle Potato 150 cal Pineapple, Wedges Frozen 30 cal	28 Chicken Wings, 4 each 418 cal Breaded Chicken Nuggets 267 cal Rotisserie Chicken and Cheese Sandwich 280 cal Black Forest Ham & Cheddar Sandwich 290 cal Sweet Brazilian Bun 170 cal Fresh Broccoli Dippers with Ranch Dressing 60 cal Fresh Steamed Broccoli 54 cal Garden Side Salad 16 cal Coleslaw 130 cal Pineapple, Wedges Frozen 30 cal Fresh Tangerine 40 cal Red Delicious Apple 75 cal Fresh Apple Slices 30 cal Orange Wedges 76 cal Banana, fresh 146 cal	29 Stuffed Cheesy Breadstick 300 cal Turkey & American Sub 311 cal Fresh Broccoli Dippers with Ranch Dressing 60 cal Dark Green Side Salad 21 cal Pineapple, Wedges Frozen 30 cal Fresh Tangerine 40 cal Red Delicious Apple 75 cal Fresh Apple Slices 30 cal Applesauce, Strawberry 4.5 oz 50 cal Applesauce, Cinnamon 4.5 oz 90 cal Applesauce 4.5 oz 60 cal Applesauce, Birthday Cake 4.5 oz 70 cal	30 Popcorn Chicken 261 cal Breaded Chicken Nuggets 267 cal Chicken Fajita Wrap 417 cal Seasoned Crispy Fries 81 cal Salsa Dipping Cup 25 cal Peach Cup 90 cal Strawberry Cup 80 cal Mixed Berry Fruit Cup 90 cal

Served every day
 Assorted Milk